

9th grade Glossary of Terms

Selected From

The Health and Physical Education Frameworks

KEY

= number position on this alphabetical list of words

Word = name of vocabulary word

CS = HPE content standard

Str = strand in the HPE frameworks word is associated with

G = grade level in HPE frameworks word is associated with

Definition = what the word means

To know by Ninth Grade

#	Word	CS	Str	G	Definition
1	Abstinence	3	IIIA	9/ 12	Choosing not to engage in a practice or activity.
2	Adapted Physical Education	4	VB	9/ 12	A diversified program of physical education having the same goals and objectives as regular physical education, but modified when necessary to meet the unique needs of each individual.
3	Anabolic Steroids	4	IIIC	9/ 12	Synthetic derivatives of the male hormone testosterone.
4	Anorexia Nervosa	2 3	IIB IIIA	9/ 12	An eating disorder in which a person is preoccupied with being excessively thin.
5	Blood-Alcohol Concentration (BAC)	5	IIIC	9/ 12	The ratio of alcohol in a person's blood to the person's total amount of blood: BAC is expressed as a percent.
6	Blood borne pathogens	3	IIIA	9/ 12	A pathogenic microorganism that is present in human blood and can cause disease.
7	Bulimia	2	IIB	9/ 12	An eating disorder in which a person has uncontrollable urges to eat excessively and then to rid the body of excess calories.

8	Calcium	2	IIB	9/12	A mineral that is needed for building bones and teeth and in maintaining bone strength.
9	Cardiopulmonary Resuscitation (CPR)	6	IIIB	9/12	An emergency procedure that is used to revive a person whose heart has stopped beating.
10	Centers for Disease Control and Prevention (CDC)	3	IIIA	9/12	A federal agency within the Public Health Service responsible for tracking disease incidence and trends, coordinating disease control efforts with other nations, taking action in response to outbreaks, epidemics and natural disasters, and working with states and communities in developing and operating disease control programs.
11	Cholesterol	2	IIB	9/12	A fat-like substance made by the body and found in many foods.
12	Complete proteins	2	IIB	9/12	A protein that contains all the essential amino acids
13	Decision-Making (Pro-active style)	2	IID	9/12	A decision making style in which you examine the decisions to be made, identify and evaluate actions that can be taken, select an action, and assume responsibility for the consequences.
14	Decision-Making (Reactive-style)	2	IID	9/12	A decision-making style in which a person allows others to make decisions for him/her.
15	Diversity	2	IB	9/12	The quality of being different or varied.
16	Efficient Movement	4	IVD	9/12	The skillful performance of tasks, which permits desired results to be obtained with the least strain and minimal expenditure of energy.
17	Endocrine System	1	1A	9/12	A body system made up of glands that produce hormones.
18	Environmental Protection Agency (EPA)	6	IIID	9/12	A federal agency that is responsible for alleviating and controlling environmental pollution.

19	Environmental Health	6	IIID	9/12	The area of health that focuses on showing concern about environmental issues, keeping the air and water clean, keeping the indoor environment free of pollution, keeping noise at a healthful level, protecting oneself from radiation, disposing of solid wastes properly, recycling, being aware of the effects of overcrowding, and cooperating with environmental protection agencies.
20	Enzyme	1	IA	9/12	A chemical that speeds up a chemical reaction.
21	Essential Amino Acids	2	IIB	9/12	Eight amino acids that the body does not produce.
22	Exercise Prescription	4	VA	9/12	The correct dosage of exercise to effectively promote physical fitness. Exercise prescriptions should be tailored to meet the needs of the individual and include fitness goals, mode of exercise, a warm-up, a primary conditioning period, and a cool down.
23	Exercise Principles	4	IVA	9/12	<p>There are 3 basic principles that govern how effective exercise is to the improvement of specific types of fitness.</p> <ul style="list-style-type: none"> • Overload: training concept stating that the demands placed on a system (muscular, cardiovascular) are greater than normal. • Progression: planning a fitness program in which the intensity and duration of exercise are gradually increased. • Specificity: targeting the specific area of fitness the person is attempting to improve (aerobic, anaerobic, strength, flexibility).

24	Federal Trade Commission (FTC)	6	IIC	9/12	An independent agency that monitors the advertising of foods, drugs, cosmetics, devices, and advertising of foods, drugs, cosmetics, and advertising that appears on television
25	Fine-Motor Coordination	4	IVA	5/8	The ability to perform efficiently small movements such as those required for writing, juggling, knitting, or video games.
26	Food and Drug Administration (FDA)	6	IIC	9/12	A federal agency within the Department of Health and Human Services that monitors the safety and effectiveness of medical devices and new drugs and the safety and purity of cosmetics and foods.
27	Genes	1	IA	9/12	A special structure that transmits hereditary characteristics during development of life.
28	Glaucoma	3	IIIA	9/12	A disease of the eyes marked by increased pressure within the eyeball that can ultimately damage the optic nerve.
29	Glycogen	2	IIB	9/12	A temporary reserve supply of energy in the form of sugar and is stored in the liver and muscles.
30	Gross-motor Coordination	4	IVD	9/12	The movement and coordination of the large muscles of the body, mostly through locomotor activities. Gross-motor coordination develops prior to fine-motor coordination.
31	Group Skills	5	VB	9/12	<p>A way of relating to others that allow for the most positive and productive outcomes for all concerned.</p> <ul style="list-style-type: none"> • Compromise: give and take of ideas and tasks so that everyone feels they have input. • Leadership: a person or persons taking responsibility to see that everyone does their part in the performance of a task or activity. • Teamwork: working together in some manner to complete a common goal.

32	Hazardous Waste	6	IIID	9/12	A harmful substance that is difficult to discard safely.
33	Health Behavior Contract	5	IID		A plan that is written to develop the habit of following a specific life skill.
34	Health Behavior Inventory	5	IIIA	9/12	A personal assessment tool that contains a list of actions to which an individual responds.
35	Health Knowledge	5	IID	9/12	This consists of information that is needed to develop health literacy, maintain and improve health, prevent disease and reduce health-related risk behaviors.
36	Health Literacy	5	IID	9/12	A competency needed for critical thinking and problem solving, responsible and productive citizenship, self-directed learning and effective communication.
37	Health Promotion	5	IID	9/12	The informing and motivation of individuals to become health literate, maintain and improve health, prevent disease, and reduce health-related risk behaviors.
38	Health Status	5	IIA	9/12	The sum total of the positive and negative influences on the level of health knowledge a person has: (the behaviors a person chooses, the situations in which a person engages, the decisions a person makes, the resistance skills a person has, the protective factors a person possesses, the degree to which a person is resilient, and the degree of health literacy a person has achieved).
39	Heat Emergencies	7	IIIB	9/12	A physical condition that results when a person is exposed to higher than normal temperatures for varying periods of time.
40	Heimlich Maneuver	7	IIIB	9/12	A technique that makes use of abdominal thrusts to dislodge an object in the air passage of a conscious person who is choking.
41	Hypokinetic Diseases	4	IVD	5/8	A disease or conditions related to or caused by a lack of regular physical activity.

42	Isokinetic Exercise	4	IVD	5/8	Exercise in which a weight is moved through a full range of motion.
43	Isometric Exercise	4	IVD	5/8	Exercise in which a muscle is tightened for about 5-6 seconds and there is no body movement.
44	Isotonic Exercise	4	IVD	5/8	Exercise in which there is a muscle contraction and a movement of body parts.
45	Lifetime Sports	5	VA	9/12	Sports activities that can be continued, as people grow older.
46	Local Health Department	6	IB	9/12	The official agency that has responsibility for the health of people residing within a community.
47	Mammogram	3	IIIA	9/12	A low dose X-ray used to detect breast cancer.
48	Mental-Emotional Health	5	IB	9/12	The area of health that focuses on gaining health knowledge and practicing life skills, making responsible decisions, using resistance skills when appropriate, choosing behaviors to promote a healthy mind, developing positive self-esteem, communicating with others in healthful ways, expressing feelings, and coping with stress in healthful ways.
49	Narcotics	5	IIIC	9/12	Drugs that depress the central nervous system and inhibit the perception of pain.
50	Obesity	3	VA	9/12	Individuals with a high percentage of body fat, usually at least 30% above recommended body weight.
51	Overtraining	4	VA	9/12	Occurs when the frequency, intensity and duration of an exercise are too great for the anatomical structures and injury, pain or loss of function occurs.
52	Oxidation	1	IIB	9/12	The breakdown of alcohol by enzymes in the liver, converting alcohol into carbon dioxide and water at the rate of about half an ounce of alcohol per hour.
53	Pap Smear	3	IIIA	9/12	A test to detect abnormal changes in the cells of the cervix and thus to prevent the development of cervical cancer.

54	Perceptual-Motor Skills	4	IVA	9/12	Those skills that indicate effective execution of movements dependent upon the establishment and refinement of sensory processes (kinesthetic, visual, auditory, or tactile) and motor activity. Perceptual motor skills depend upon the reception, interpretation, and response to either internal or external stimuli.
55	Psychomotor Development	4	IVA	9/12	The area of learning involving the attainment of movement skills and competencies needed for a lifetime of activity.
56	Quack	6	IIC	9/12	A person who markets inaccurate health information, unreliable healthcare, or useless health products.
57	Quackery	6	IIC	9/12	A consumer fraud that involves the practice of promoting and/or selling useless products and services.
58	Resiliency	2	IB	9/12	The ability to prevent or to recover, bounce back and learn from misfortune, change, or pressure.
59	Resistance Skills	2	IIIC	9/12	Skills that are used when a person wants to say NO to an action and/or leave a situation that threatens health, threatens safety, breaks laws, results in lack of respect for self and others, disobeys guidelines set by responsible adults, or detracts from character and moral values. Assertive, Aggressive, Passive techniques.
60	R.I.C.E.	7	VC	9/12	The acronym representing a treatment protocol for exercise-related injuries. It stands for: <ul style="list-style-type: none"> • R = Rest • I = Ice • C = Compression • E = Elevation
61	Risk Behaviors	2	IIIA	9/12	Voluntary actions that threaten self-esteem, harm health, and increase the likelihood of illness, injury, and premature death.
62	Risk Factors	2	IIIA	9/12	Ways that a person might behave and characteristics of the environment in which a person lives that threaten health, safety, and/or well being.

63	Sanitation	6	IIIA	9/12	The protection of health and prevention of disease by means of freeing the environment for filth and infectious material.
64	Saturated Fats	2	IIB	9/12	Fats that contain a high proportion of saturated fatty acids.
65	Stress	2	IID	9/12	The response of the body to the demands of daily living.
66	Stressor	2	IID	9/12	A demand that causes changes in the body, a factor that produces stress.
67	Stress Management Skills	2	IID	9/12	Techniques that can be used to cope with the harmful effects produced by stress.
68	Target Heart Rate	4	VA	9/12	Elevating the heart rate to between 60-90 percent of the difference between resting heart rate and maximum heart rate.
69	Testicular self-examination	3	IIIA	9/12	Observation and palpation of the testicles to locate any mass or tenderness.
70	Time Management Plan	5	IID	9/12	A plan that indicates how time will be spent on daily activities and leisure.
71	United States Department of Agriculture	6	IIC	9/12	A federal agency that enforces standards for ensuring that food is processed safely and also over-see the distribution of food information to the public.
72	Universal Distress Signal	7	IIIB	9/12	Demonstrated by a person clutching at the throat with one or two hands to indicate choking.
73	Universal Precautions	3	IIIA	9/12	The steps taken to prevent the spread of disease by treating all human blood and certain body fluids as if they are known to be infectious for HIV, HBV and other bloodborne pathogens.
74	Wellness	4	VA	9/12	A quality of life that includes physical, mental-emotional and family-social health.
75	Weight Training	4	IIA	9/12	A conditioning program that uses weights or other resistance equipment to help increase muscular strength, endurance and power as well as toning the body.